

Oct. '10

Free!



The Mountain Yodeler

The Mountain Yodeler

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Green Valley to Attend LADWP Meeting

Green Valley Town Council President Dale Kimmel urged residents attending the September 1 meeting to join the council in a visit to an LADWP public meeting to speak out against the proposed Barren Ridge Transmission Project that could go through Green Valley.

Kimmel said that efforts to protest a proposed power line route through Green Valley should be directed at LADWP because no response has been received from L.A. City Council, the final decision-making body.

Norm Hickling, deputy to Supervisor Antonovich, agreed that if a significant group of people attended the LADWP meeting in person, it might make an impression on the deciding vote of the LADWP board.

The consensus in Green Valley is that it is imperative to make our position strongly known before the

Environmental Impact Report is presented in late November. "After this meeting you would be at a disadvantage in your fight to keep the power lines out of Green Valley," said Hickling.

Few of those most impacted by the proposed power line route are even attending the town council meetings. "How can the council represent what the valley wants if residents do not let us know in time to fight for the route they want?" asked council member Mary Jo Steele.

Safety concerns related to the transmission lines were raised by town council member Alesia Robertson. With lines already going down Spunky, Bouquet and San Francisquito canyon roads, additional towers along San Fran could block residents' only escape routes in case of disaster.

For more information, contact Kimmel at 270-9578.



Lakes Honorary Mayor Allaire Koslo and her daughter Chloe completed a difficult 18-mile bike ride on September 12 and raised \$1,000 for The Painted Turtle Camp. Photo: Sherry Immel.

Super September Bicycle Ride for The Painted Turtle Camp!

By Allaire Koslo

It was a spectacular Sunday morning, September 12, 2010 and the bicyclists were ready! The weather was perfect, not too much wind, not too cool, not too hot! Over 100 cyclists entered. Locals included a couple of teams and individuals: Tweedy Lake Club Lone Windmill Riders, Mother-Daughter Turtle Team, Frank Toothaker, and Jim Walker.

Each entrant was able to set up his or her own web page for the event in order to raise funds and to write why they joined the team.

Here are some of the stories. From the Tweedy Lake Club Lone Riders: "A bunch of out-of-shape, over-the-hill bike riders looking to have fun and raise some money for our neighbor: The Painted Turtle." The five team members seemed in

pretty good form and shape to me after finishing the 36-mile loop. The team consisted of David Nelson, James Piechowski, Kenny Piechowski, Noah Piechowski and Paul Mercier. Way to go!

James Piechowski posted a message during training: "Hills, sun, wind, and FUN! but not in that order. Did I mention pain, doubt, agony?"

See Bike Ride, page 2

THE MOUNTAIN YODELER

Deadline for ads, payments and articles for the Nov. 1 issue is Oct. 15.

Payments: Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

For more information, call 965-2201 or 724-1293. dahlia.grossman@verizon.net

Firefighters Honored

By Laura "Cha" Vernetti
Contributing writer

Representatives of all our local fire stations were honored with Certificates of Appreciation at the Angeles Forest Valleys & Lakes Fire Safe Council's Sixth Annual Firefighter Appreciation Day on September 11 in Leona Valley.

In addition, The Fire Safe Council received a commendation from the office of Supervisor Michael Antonovich for eight years of success in helping residents prepare for and prevent emergencies.

It was great to see all the firefighters who were able to attend from L.A. County Fire Station 78 (Lake Hughes), Station 140 (Leona Valley), Station 157 (Green Valley) and Station 84 (Quartz Hill).

See Firefighters, page 3

Mountaintop Salon Open for Business

Mountaintop Salon would like to introduce its new stylist, Jeri Applegate, who has more than six years experience in cosmetology. Jeri is available for hair services of all types, including color, perms, haircuts, and styles!

Come on by or call 661-724-0250 for an appointment! Walk-ins are welcome if time allows.

Mountaintop Salon is open Monday through Thursday for nails with Cammie, and Monday through Friday for hair with Jeri.



Wade Rich of Station 78 shows Robert Snyder of Green Valley how to use a fire hose at Firefighters Appreciation Day. Photo: Laura "Cha" Vernetti. See article, this page.

Join the Fun in Green Valley

By Bev Brownfield
Come out and support Green Valley Charitable Hall's efforts to raise money for a new roof and join your friends and neighbors in the fun.

CERT Update

We will have a Cert update on Oct. 2 at G.V.C.H. from 8 am to 1 pm.

Mexican Dinner

On October 18 a Mexican dinner will be served starting at 5 pm.

Holiday Boutique

Start getting your craft items ready for our Holiday Boutique the weekend of November 20 and 21. (Yes. That time of year is almost here!) Call Cheryl at 270-1039 for information.

Bike Ride, from page 1

Remember it's for the KIDS! Frank Toothaker of Elizabeth Lake completed the 100 kilometers. Amazing! He wrote that the Painted Turtle campers are "enthusiastic kids, energetic, full of life, restrained by physical limitations whatever they may be, but with an unrestrained spirit." The purpose of the bike ride was to raise money to give a kid a summer camp experience.

Then there is Chloe's (my daughter) story: "The day I was born, my Mom rode her bike to The Painted Turtle property 13 years ago! When I was a toddler we had "Turtle Tuesdays" and made turtle pillows and I played in the fabric. So it is perfect to be riding here now.

My Mom is a super volunteer, teaching Yoga at The Painted Turtle and riding her bicycle in a Painted Turtle costume made by Linda and Tom Joynt.

She is also The Lakes Honorary Mayor.

I am in 8th grade and love volleyball, reading and singing. And now the other part of my team: Mommy Turtle Allaire: I am the mother in our Mother-Daughter Turtle Team. Before giving birth on July 11, 1997, I rode my bicycle to

the Painted Turtle property (before it was The Painted Turtle property) swam in the old pool there and so forth.

The Painted Turtle Camp is a blessing- the best place on the planet. Such joy here!

Paul Newman, the founder of these Hole-in-the-Wall camps, said that he was very lucky in his life and Chloe and I feel lucky too, to have our health.

Two days before the ride, our bicycle John's wife, Shelly Fries, passed away. We shall mourn this loss and miss her, and yet honor her memory and celebrate her life too. Thus we bicycle for those who may not be able to, and for the campers!

The Ride was a challenge. I was the "pace" Turtle, leading the first two bike rides out of the camp at the start in costume.

The Tweedy Lake Team raised more than \$2,250, Mother-Daughter Turtle Team raised \$1000, Jim Walker raised \$800 and Frank

Toothaker raised \$700.

Did I mention that Chloe and I completed the 18-mile loop in less than two hours? Also, yes, Chloe beat me! She was a speedy, zoom turtle, even up Munz Ranch Road hill!

Go Turtles!

Special Thanks and a shout out to one of The Painted Turtle's founders, Paige Adler, and her sons, who also rode. She is so wonderful and we would not have the camp without her!

Thanks to Michael House, The Painted Turtle CEO, who also rode, organizer Anabel Holland, and all the volunteers, all 100+ riders and family and friends and supporters: especially locals: Sherry and Dennis "Pops" Immel for all their work and "turtle love."

See you next year. Our beloved Yodeler publisher and editor, Dahlia Grossman, says she shall join us. Won't you?



Dennis "Pops" Immel talks about riding safely to bike riders at The Painted Turtle Bike Ride on Sept. 12. Photo: Sherry Immel.

LETTER TO THE EDITOR

Re: That's the way I see it, opinion on pot

Very good Norm. Now go outside and play with your weed wacker.
Peter Kaye, Leona Valley

THE DIFFERENCE COULD BE HAVING A HOME TO COME HOME TO OR NOT



DO YOU HAVE? DEFENSIBLE SPACE




Angeles Forest Valleys & Lakes Fire Safe Council

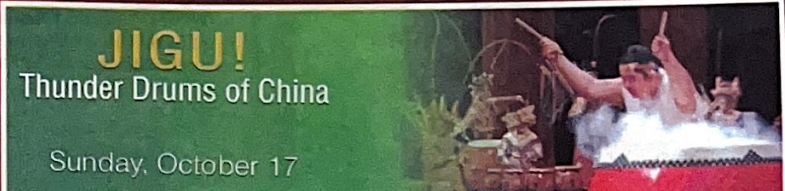


270-9911


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Friday, November 5

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Firefighters, from page 1

Also attending were USDA Forest Service Engine 335 (Green Valley), Engine 32 (San Francisquito) and Texas Canyon Hots Shots.

It has been a long time since we had so many firefighters able to attend. Often they get called out to fires. The recent Crown Fire that threatened homes in Leona Valley, drew more residents to the event this year.

Our annual event's success can be attributed to support from many of the residents of Leona Valley, Green Valley, Elizabeth Lake, Lake Hughes and Pine Canyon. Those attending showed their appreciation and gratitude to our local firefighters, including one Lakes woman who climbed on the lap of a surprised young firefighter for a photo. Where would we be without these wonderful people who take risks every day to protect us, our homes and communities?

Funds were raised through donations from local and out-of-

town businesses. A big thank you to former Fire Safe Council President Florence Bistline for handling all of the donations and auction!

And thank you to the following donors: Heart N' Soul, Infinity Arts Studio, Green Valley Café, Photos by Lu, JV Automotive, Casa Gutierrez, Crazy Otto's (Leona Valley), Leona Valley Winery, Frito-Lay, Antelope Valley Winery, Ben's Corner, Delta Liquid Energy, High Desert Driving School, Dr. Thomas (chiropractor), Sharree Messmer, Arlene Grose, and Chili's.

Also, Double D's Cupcakes, ColdStone's, Reigning Cats & Dogs, Twinkle Star, Sweet Dreams infant wear, Casita Lopez, WinCo, Albertson's (20th and Ave K), Von's (40th and Ave. L), Phil Whitman, Burger King, Jamba Juice, Texas Cattle Co., Disneyland, San Diego Zoo, Bath and Body Works and Lancaster Florist.

Green Valley's artists donated works of art that were auctioned at the Green Valley Art Walk.

We would like to thank the people who attended all three events that day: Green Valley Swap Meet, Green Valley Art Walk and Firefighter Appreciation Day.

We served more than 160 meals to firefighters and residents. The crowd enjoyed a delicious feast of hamburgers and hot dogs, beans, corn, beverages, and cute cupcakes that looked like pies, made by Betty Young. All food was provided at no charge, although many donations were received. There was a delicious assortment of potluck side dishes and deserts. Thank you to everyone who brought something.

Attendees danced to the magical sounds of Working Stiffs. The band features drummer Al Glodan, Fire Safe Council president and Leona Valley representative. Dancing to Al's band has become a tradition at this event.

The event would not have gone so smoothly if not for the help of our many volunteers. First, we would have been totally lost without Merrie Profitt and Patricia Burbeula for working all day in the kitchen and to Tom Hamilton, who cooked the entire day, never leaving the grill!

We could not have had such a successful barbecue without all the volunteers: Christy Adams, Alison Bistline, Gracie Bistline, Deborah Pulido, Esko Woudenberg, Kieran O'Donnell, Saralyn Schad, Nick Human, Nicola Hamilton, Brittany Hamilton, Maria Norton, Tom and Linda Joynt, and FSC crew members Logan Verneti, Sam Stevens, Matthew Mitchell and Randall Miller.

So many people helped; if we missed your name we apologize. All of us at the Angeles Forest Valleys and Lakes Fire Safe Council would like to extend a big thank you to everyone for making this year's event a success.

We look forward to next year. Please don't be a stranger though. You can hang out with all of us at our regular meetings at 7 pm on the first Wednesday of the month alternating among Leona Valley, Green Valley and the Lakes. Our next few meetings are October 6 - The Lakes, Nov. 3 in Green Valley and our annual holiday celebration at Leona Valley on December 1. For more information please call 270-9911.



Above: Two of the younger attendees of the Fire Safe Council's Firefighter's Appreciation Day listen with rapt attention as awards are given to firefighters. Below: Betty Young's cupcake "pies." Grossman photos. More photos, page 14.



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Letter to the Editor

To the editor:

Re: *The Way I See It* column on pot in Sept. Yodeler

I'm sorry, but former cop Norm Judd's irrational litany railing against the legalization of marijuana has nothing to do with facts and all to do with fancy. There is a lot of fear mongering that holds no water.

Should marijuana become legal in California the price, within the state, will drop dramatically. Alcohol is much cheaper in Mexico than here yet we do not see cartels smuggling alcohol into the US as there is not enough money in it. I suspect marijuana will then be smuggled out of California to the rest of the country and this would be a problem. However it could be the step to the beginning of national legalization.

Most current growers would like to see it stay illegal. With legalization will come corporate industrialized growing and the small grower, like the small farmer, will be pushed out of the picture. This is already happening in Oakland, a city, unlike the city of LA and county of LA, that took the will of the voters seriously and instead of doing everything to subvert the will of the voters got directly involved in realizing that will.

Mr. Judd just doesn't believe that grass is better than hundreds of pain medications out there. Really? And where does he get this assumption? He just doesn't believe it. Does he have any personal experience?

Mr. Judd likes the idea of closing all medical pot dispensaries because of murders committed at two of them. Wow! Maybe the next time there is a robbery and murder at a Rite Aid we should close up all Rite Aids, or how about a Bank of America? Such a double standard.

And then there is the discrepancy of potency from one plant to another, as if that is somehow so dangerous. Do most people drink as much wine as beer? How about hard liquor and beer?

And then of course there will be all those DUI's.

See Letter to the Editor, page 5

LAKES WOMANS CLUB

Casino Night Sat., October 30

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\$25 in advance; \$30 at the door
At the LE golf course banquet room
Over 21

Info: Call Jeanette 724-0863
Tickets: Call Jeanette or Dahlia (724-1293)

NEXT REGULAR MEETING: Wed., Oct. 13
7 pm at Lakes Community Center

Leona Valley Town Council Candidates

Our rural community needs enthusiastic and devoted Leona Valley Residents to represent and protect the interest of our Leona Valley citizens and community. As our community's governmentally recognized representative body, the Town Council serves as Leona Valley's liaison, and "watchdog" in dealing with all government, business and regulatory entities that may influence the Valley's quality of life, interests. This includes fighting enormous proposed water rate hikes, electrical lines being run through our area and the dangers and concerns that come along with them, protecting our rural life style by working to keep developers at bay. Serving as a Councilperson is an opportunity to make a concrete contribution to a unique community that gives us so much.

Duties and demands are modest and compatible with those of work and family. Service is unpaid, except in the quiet gratitude of your friends, neighbors and government officials. Each council position carries a term of two years and Officers' and Directors' Liability Insurance is provided at Council's expense.

To be eligible, a candidate shall be at least 18 years of age, a Leona Valley resident and a registered voter in Leona Valley.

Please consider applying, the rewards of service are well worth the effort.

Leona Valley residents willing to serve their community in this important capacity are encouraged to complete the form below and submit it by mail for delivery no later than September 10, 2010 so that their personal profiles and statements can be submitted to the local newspapers. A "Meet the Candidates" program will be added to the Leona Valley Town Council meeting for our October meeting.

For further information, please contact Suzy Love at snjlove@earthlink.net or 270-1990. Additional information and a MS Word™ formatted copy of this form are available on the <http://leonavalleystowncouncil.org> web site.

------(Cut along this line)-----

Statement of Candidacy for Councilperson on the Leona Valley Town Council

Please submit to: Leona Valley Town Council
Election Committee
P.O. Box 795
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Letter to the Editor

from page 4

I guess that would be Drunk while Under the Influence of Marijuana. Strange. I have yet to see or hear of any such thing.

Most of all legalizing marijuana, in this time of budget crisis, would reduce our need for as many police and especially expensive prison space. Maybe it is a partial answer to our way overcrowded prison system.

Maybe the cops would then be able to spend more time on more important things, like the burgeoning illegal dumping going on everywhere for the Sheriff's Department has been totally inept in controlling the problem.

Not every former cop or current cop supports Norm Judd's anti-marijuana legalization views. Norm Stamper, the former police chief of Seattle and Joseph McNamara, the former police chief of San Jose, are both outspoken advocates of the legalization of illegal drugs.

Bob Kerekes

Treasure Box Stretches Food Dollars

The Treasure Box provides families and individuals with a 21-25-pound box of frozen grocery-store quality food that normally retails for between \$65 and \$100 for just \$30 each. No qualifiers. No restrictions!

Leona Valley Community Church provides these boxes in our community and neighboring communities once a month. We pick up the boxes that are ordered and bring them to 9306 Leona Ave, Leona Valley, so you can pick them up from us. To order your boxes and see the menus please go to WWW.thetreasurebox.org and get ready to stretch your food dollars.

Call Fire Fighters needed for Green Valley and Leona Valley.
Call John Grimm at 270-1628.

In Loving Memory Gordon Jacks

By Glenn McConnell
Staff writer

Green Valley has lost an icon. On September 7, 2010, Gordon Jacks passed away. Gordon was a mighty man of God who made a profound impact in the lives of many people.

Gordon was born in 1928 (depression era) in Oklahoma City. There were very tough times for America during his early childhood. People lived by the motto: "Use it up, wear it out, make it do or do without."

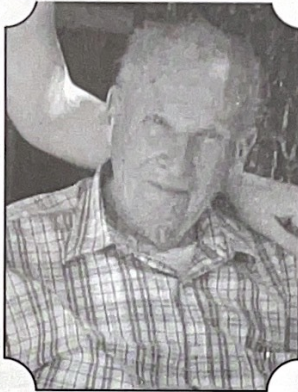
In 1936, Gordon's family moved to California. At age 17, Gordon convinced his dad to sign the papers allowing him to enlist in the United States Marine Corps. Gordon served his country in the South Pacific during World War II.

The first time Gordon laid eyes on Green Valley was in 1957. He was working for the Los Angeles Department of Water and Power (LADWP) and was transferred from the Boulder Dam project in Nevada to Power Plant 2 on San Francisco Canyon Road. DWP provided housing for their employees near the Power Plant.

In the 1970s, Gordon's family purchased a home in Green Valley. When Gordon's mother passed away, he purchased the home. In 1987, Gordon retired from the DWP after a 32½-year career.

For the past 30 years, Gordon and his wife Donna Jean have been part of the fabric of Green Valley. On June 4, 2010, Gordon and Donna Jean celebrated their 50th wedding anniversary.

Together they raised five daughters. Sharon Hegoas is living in Sylmar, Laurie Mellen and Karen Bryant live in Green Valley, and Linda Nichols is living in Colorado Springs. Gordon's fifth daughter, Jenny Sherwin, passed away in 2007.



Gordon's son, Danny Jacks, lives in New Mexico. Gordon and Donna Jean have 10 grandchildren and nine great grandchildren. Gordon's brother Alfred is also a long-time resident of Green Valley. His sister Jackie lives in Oregon.

Gordon loved Green Valley and truly had a special place in his heart for his community. For many years, Gordon served his community as a director for the Green Valley Water District. He also served as board member for the Green Valley Charitable Hall and the Green Valley Bible Chapel. At the time of his passing, Gordon was serving as a member of the Green Valley Town Council. He was a tireless servant.

Many years, Gordon lead the Green Valley 4th of July Parade carrying the American flag. He had an infectious sense of humor. Gordon loved driving around in his Baja bug and going barefoot. He never passed up a garage sale. Gordon loved dressing up in a clown outfit and entertaining children.

Gordon was the real deal and enjoyed the simple things in life. What you saw is what you got. He was a follower of Jesus Christ and a man who was devoted to his wife, his family and his community.

Gordon lead by example. His love, patience and leadership will be truly missed.

Protect Your Home from Fire - Fire Safe Council's guest speaker tells how October 6

Guest speaker Brandon Singleton of Fire Pump & Hose Packages is scheduled to make a presentation our October 6 Fire Safe Council Meeting in Lake Hughes at 7 pm.

The subject is strategies for defending homes from wildfires and demonstrating fire protection equipment for homeowners.

Brandon specializes in assisting mountain communities by selling portable water tanks that can be filled in advance of a fire and used to apply fire retardant Gel (Thermo Gel) on structures prior to evacuations.

He is the owner of Fire Pump and Hose Packages LLC, which has been selling high pressure water pumps, water tanks (fixed and portable), and fire retardant gel to homeowners for more than five years.

He has given presentations to Fire Safe Councils and CERT organizations from

Santa Barbara to San Diego on the topic of "Defending your Property from Wildfires" with a demonstration of how water pumps, in combination with fire retardant gel equipment, can protect homes during a wildfire. For more information you can email Brandon at Info@FirePumpandHose.com or call us at 270-9911. We look forward to seeing you at our meeting.

Code 7 Ministries

A food ministry serving the Lakes and Valleys.

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Green Valley Seniors = "Go For Fun Club"

October will be a busy month for the Go For Fun Club (aka: Gofers).

October 2 Potluck

Our monthly potluck will be at 1 pm on Saturday, October 2 at the Green Valley Bible Chapel. Come join us. The food is terrific.

October 9 Bingo

On October 9 the club will be having its first BINGO night. We will be meeting at the Green Valley Charitable Hall at 7 pm. This will NOT be a fundraiser, just a bunch of seniors having a good time. Each person will be asked to bring a prize (something nice from around the house, not your old pair of slippers). There will be a cost to each player because we have to cover the \$50 charge for renting the Green Valley Charitable Hall. If there are 25 seniors, the cost will be \$2 per person. Join us for a great night and bring a tasty snack.

October 17, Theater and Dinner

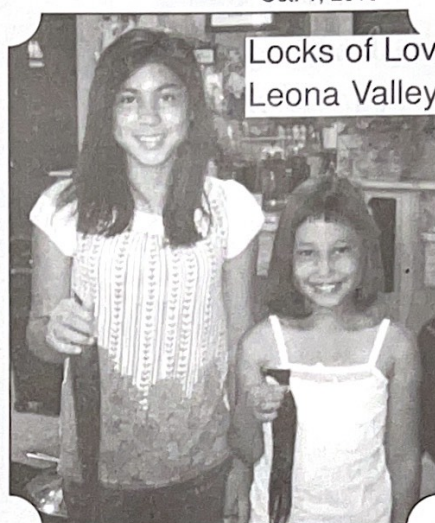
On Sunday, October 17, seniors

will be going to Newhall for an afternoon of entertainment followed by dinner at the Elephant Bar. We will be attending the Canyon Theater and seeing a live presentation of the classic musical, *Little Shop of Horrors*.

October 30 Halloween Party

Finally, on Saturday, October 30, seniors will be having their second annual Halloween Costume Party. Come and join the fun. Start looking for your costume early. Prizes will be given for the best, most original, scariest and worst costume.

The Go For Fun Club is for seniors 55 years old and above. Our purpose is to reach out to other seniors, build relationships, help each other, have fun and serve our community. Please contact Glenn or Bonnie McConnell for further information on any of the events at 270-9016.



Upper left: Ariano and Hannah Santiago, cut by Dana and Crystal. Upper right: LeeAnn Sekeres with Kari

Locks of Love at Leona Valley Salon



Rita's Household Tips

Submitted by Rita Mitchell

MICE AND/OR RATS in your garage or barn: Lowes or Home Depot has plug-in ultrasonic sound-emitters that keep the mice and rats out.

DOGS BARKING: a great product called BARK OFF, ultrasonic training aid, portable, wall-mountable, two sensitivity levels, inaudible to human ears. Stops annoying barking with all breeds of dogs. Wireless and portable, works up to 20 feet away. You can get about 4 for-

about \$30.00. Takes a 9 V alkaline battery, not included. Shipped from: BARK OFF, 7850 Ruffner Avenue, Dept. 4000, Van Nuys, Calif. 91406 or go on line to order. This is not a substitute for training.

Big Kids' Book Corner: Scat by Carl Hiaasen

Reviewed By Dawn Baertlein

Fans of Carl Hiaasen's Newbery Honor winning eco-thriller, *Hoot*, will enjoy more of the same with his *New York Times* Bestseller, *Scat*.

Hiaasen once again shows his knack for developing quirky characters and putting them in dangerous situations. Add a mystery or two and real-life endangered critters to save, and you have thoroughly captivating entertainment.

Whereas *Hoot* was about rescuing burrowing owls from a pancake house scheduled to be built over their nest, *Scat* involves endangered Florida panthers in the Everglades and a greedy oil baron drilling on public land.

When Mrs. Starch, the tough and somewhat crazy biology teacher, disappears from a field trip in the swamps, everyone fears the worst. After all, the

last anyone saw of her was the back of her safari outfit as she marched into the burning brush to look for a student's lost asthma inhaler.

The official word is that Mrs. Starch had a family emergency and has taken a leave of absence, but Nick and Marta aren't convinced. Especially since Smoke has also disappeared.

Smoke is the kid's nickname, of course, earned because he has a history of arson. He also has a history of run-ins with Mrs. Starch.

Only the day before the field trip he bit off the pencil Mrs. Starch was waving threateningly in his face, chewed it up, and swallowed it! Smoke is not to be messed with. But then neither is Mrs. Starch.

What happened to them? Did Smoke kill her and then

run off? Nick and Marta do some investigating on their own, and get mixed up with some shady-looking characters, and some real heroes, too.

On the eco side of the story, Nick is pretty familiar with the outdoors and has always wanted to see a Florida panther. The animals are so rare and secretive, though, he knows his chances are slim.

Without spoiling too much, let's just say he gets more than a glimpse of more than one panther.

Scat is suggested for grades 5 - 8.

Happy Reading!

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Chili and Cobbler Cookoff October 23

Chili and Cobbler Cook-Off

Don't miss the very first Chili and Cobbler Cook-Off "The Ultimate Throw-Down" sponsored by Rally Auto Group and hosted by LVIA taking place on October 23 from 4 - 8 pm at the Leona Valley Community Building, 8367 Elizabeth Lake Road. Enjoy Bronco Burgers, Dep'ty Dawgs, Smokin' Beans, Cowboy Corn Salad and Sioux City Sarsaparilla, all for the cost of: Adults: \$7.00; Seniors: \$5.00; Kids: \$4.00, (12 and under). Tickets will be sold at the door and at LV Crazy Otto's.

Wear your favorite cowboy hat, boots, belt buckle and boot, scoot and boogie to a live country/western band - Motherload - while learning how to line dance.

If you plan to enter the cookoff, check out the information form in the next Cherry Chapters issue or if you have questions, call Jan Clark at 270-9268. Tickets are on sale at LV Crazy Otto's.

This is also a family fundraising event that you shouldn't miss to kick off the true Autumn season and help benefit the community building that everyone so appreciates.

Both organizations appreciate your continued support and participation. Blessings, Jan Clark

Green Valley Coming Events

October 16 - Mexican Dinner

Come out for a Mexican Dinner Saturday Oct. 16, from 5 pm until 8. Enjoy a night of good food, visiting with your friends and meeting new ones.

Nov. 20 and 21 - Holiday Boutique

Nov. 20 and 21, 9 am to 4 pm, buy your Christmas gifts from local vendors who make handmade items in our Lakes & Valleys.

Dec. 5 - Breakfast with Santa

8:00 am is breakfast with Santa. Bring the family, have your picture taken with Santa and tell him what you want for Christmas.

Green Valley needs your help!!!!!! We need new board members. Elections will take place at the end of the year. Please think about being on the board. We can't keep up with all the events without a full board and we are now short two people. Our meetings are held on the second Tuesday of the month, starting at 7:30 pm. Please come out and help support your community. Thank you. Green Valley Community Hall board of directors. We have lost a great man, Gordon Jacks. He is going to be missed by all of us. God Bless you and may you rest in peace. Thank you for all that you gave to the community.

COMMUNITY WOMEN'S FELLOWSHIP AND BIBLE STUDY

WE MEET ON THURSDAYS
from 9 am - 11 am

at The Oaks Camp and Conference Center
18651 Pine Canyon Road,, Lake Hughes, in
the dining hall.

Childcare is available.

For information and/or directions, call
Christine - 724-0564 or Dawn - 724-9112

A call box was knocked over by a car before it rolled over on Elizabeth Lake Road. Grossman photo.



Fast Moving Cars Flips in Leona Valley

The west end "S" curve on Elizabeth Lake Road in Leona Valley was the scene of a rollover accident Wednesday evening August 25. Donald Younger, 24, of Palmdale was traveling west-bound on Elizabeth Lake Road near Pitchfork Ranch when the accident occurred. His pickup truck veered onto the dirt shoulder, then back across traffic lanes, and back to the shoulder. The truck rolled several times, destroyed an emergency call box (see photo) and came to rest on its side.

First to arrive on scene was our own Honorary Mayor Allaire Koslo and her daughter Chloe. Koslo immediately used her cell phone to call 911 and report the accident. She then alerted our local VOP personnel that an accident had occurred and the roadway was obstructed.

Koslo determined that the driver's injuries were minor. With the assistance of another motorist, they got a door open and assisted the driver in exiting the vehicle. She then guided approaching cars around the scene to keep the flow of traffic moving.

Within minutes a unit from Fire Station 78 arrived, immediately followed by Volunteers on Patrol Michelle Hamilton and Jim Hotchkiss. The VOPs immediately positioned their patrol vehicle and proceeded to guide traffic around the accident

scene. A CHP unit then arrived, and later a tow truck.

Younger suffered a bloodied elbow but was otherwise uninjured. He refused medical treatment. Young had been wearing a seatbelt. The cause of the accident was attributed to excessive speed and lack of attention.

Koslo, Hamilton, and Hotchkiss are all CERT trained in how to render first aid and respond to emergency situations.

Humor Paraprosochian Sentences

Submitted by Debriana Jones
A paraprosochian is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to re-frame or reinterpret the first part. It is frequently used for humorous or dramatic effect, sometimes producing an anticlimax.

Ø A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.
Ø War does not determine who is right - only who is left.
Ø A bank is a place that will lend you money, if you can prove that you don't need it.
Ø I didn't say it was your fault, I said I was blaming you.
Ø Why do Americans choose from just two people to run for president and 50 for Miss America?

Ø The voices in my head may not be real, but they have some good ideas!
Ø Always borrow money from a pessimist. He won't expect it back.

HOME RENTALS

by
PJ deHaas Properties, Inc.

- \$1250 14351 Datetree Dr - Lake Elizabeth (managed)
2 bedrooms, 2 full baths, large family kitchen, dining area, deck off living room, 2 car garage, central heat/air.
- \$1350 14810 Sandy Ridge Rd - Lake Elizabeth (not managed by PJ) 3 bedrooms, 2 1/2 baths, 1446sf, 2 story, fenced yard, 2 car garage, central heat & air.
- \$1550 14320 Datetree Dr - Lake Elizabeth (not managed by PJ) 3 bedroom, 2 1/2 baths, 2208sf, large kitchen with dining area, large living room, 1/2 bath and laundry on main floor, bonus area upstairs, 2 car garage and fenced yard.
- \$1600 17819 Elizabeth Lk Rd. - Lake Hughes (managed) 3 bedroom, 2 bath New construction home has never been lived in. Patio balcony, approx. 1672sf, 2 car garage, across the street from the lake.

For more information call PJ deHaas Properties, Inc.
(661)724-2592

In Loving Memory: Lovey Long

Full Name: Lovey Long Age 84
Occupation: Homemaker
Date/Place of Birth: March 18, 1926 – Lyndora, Pennsylvania
Date/Place of Death: August 10, 2010 – Valencia, CA
City of Residence: Valencia, California
Location of passing: Home
Cause of death: a long illness
Employment/Occupation: Registered Nurse
Military Service: Air Force
Faith: Christian

Lovey is survived by her husband, Orville Kenneth Long of Valencia; her sons, James (Elaine) Long of Riverside, Kenneth (Ann) Long of Arroyo Grande; her daughters, Melody (Jeff) Graham of Saugus, Holly (Steve) Nemback of Lake Elizabeth; grandchildren Rachel and Daniel Long; Justin, Mason and Aaron Graham; Jacob Long; and Kathy (Mark) Carl, Lisa (Travis) Alkire, Stacey (Rob) Farland and Mark Nemback; her great granddaughters, Kadence and Kailyn Carl; and Taylor Alkire. She was preceded in death by her son Robert A. Long.

Lovey was the youngest and the last remaining child of eight children born to

Ukrainian immigrants, Daniel and Ann Telencio of Lyndora Pennsylvania. She graduated from high school and completed training to become a registered nurse. Lovey entered into active military service in the Air Force Reserves on August 14, 1951 and was stationed at March Air Force Base in Riverside, California. She was a nurse with the 320th Medical Group.

Lovey met her husband Orville Long, an Air Force pilot, at March Air Force Base and they were married in 1952. Lovey and Orville had five children in their first six years of marriage.

They moved numerous times during their 26 years of service in the military. After Orville's retirement from the Air Force, they moved an additional five times before settling in California, where they first met.

Lovey was engaging and loved others. She was always interested in everyone else's families and their life stories. She never met anyone that she did not like or that she could not make laugh. She was an amazing woman, born with a gift of humor and of seeing the best in people.

She was loved by her family, her nieces and nephews, her friends, her caregivers, and her church family. She will never be forgotten.

Holly Nemback

Letter to the Editor

An open letter to 2 female hikers.... maybe the same person twice.... and one mountain biker.

Ladies and Gentleman:

The Natl. Forest is a multi-use recreational area. It is there for all to use in the desired manner they choose as long as all activity is within the law.

Tonight, and one day a few weeks ago I was driving my sandrail/dunebuggy up the fire road adjacent to the community center and having a wonderful time. The first encounter a few weeks ago with the hiker was uneventful as the brunette hiker stood on the side of the road as I passed. She certainly heard me coming with my Natl. Forest legal spark arrested muffler.

On my trip down the hill I found that this hiker had chosen to drag a log into the center of the road in a failed attempt to cause me harm. The exact same thing happened again tonight but with an added event. BTW.... if you block the fire road and a fire truck has any difficulty you are at risk for arrest.

Tonight I chose to run at dusk, employing the bright light on the "buggy whip" which is waving a good 12 ft. above my car and one set of very bright headlights. As I was driving up the hill at a good clip in 2nd gear I came upon a mountain biker running full tilt down the hill on my driver's side of the road. There was no

event. I waved and kept going.

As I was coming back down this biker flagged me down. I stopped and he proceeded to tell me I had to slow down on my excursions up the hill. I told him I wouldn't and he asked "why not." I then said because I don't have to.

Please, understand. When I ride one of my horses in the National Forest we speak of and I hear a dirt biker blasting through the forest I do the prudent thing and get my keester and my horse's arse off the road. Makes sense doesn't it?

But not this guy. This fellow thinks he is the monitor for the Forest and it's all his. NOT !!!!!

Of course, on my departure from this conversation this individual felt the need to give me the obligatory "bird" - but it was verbal. Right back atcha, Pard.

So, in closing folks, remember: the forest is a shared place and if you think there is a chance you might encounter something making a bit of noise on its climb up the hill, why not be courteous and just move to the side and dispense with the log blocking and unpleasantries on the trail?

Let's all have our chosen recreations peacefully.

Jim Zubiena

Resident of Lake Hughes for 8.5 years

Supervisor Michael D. Antonovich and the County of Los Angeles, in partnership with Waste Management bring you:



FREE DUMP DAY!

When: Saturday, October 16, 2010
8:00 AM – 12:00 PM

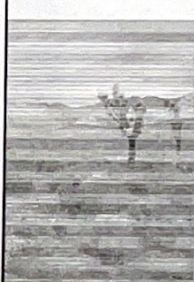
Where: Waste Management of Lancaster
(Lancaster Landfill)
600 East Avenue F
Lancaster, CA 93535

Note: Vehicles must be in line 30 minutes prior to closing of operation at 11:30 am. NO EXCEPTIONS.

Free Dump Day is available to LA County Incorporated Area residents of the Antelope Valley area CILY. Residents may drop off up to one ton of trash.

This includes appliances, furniture, trash, and electronic waste Cathode Ray Tubes (CRT) i.e. TV's & computer monitors.

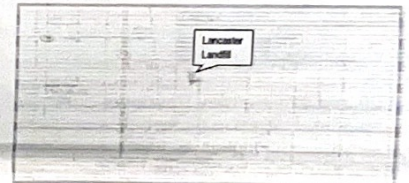
What will you find behind all the clutter?



Important: Residents must bring proof of residency (eg. Driver's license with current address or WM bill). Please tarp your load to prevent litter.

NO business waste, tires, mattresses or household hazardous waste (paint, cleaning products, etc.) will be accepted.

For more information, contact WM Customer Service at (661) 947-7197 or 1(888) CLEAN LA or visit www.CleanLA.com.



Leona Valley needs candidates for Town Council!

Our rural community needs enthusiastic and devoted residents to represent and protect the interest of our Leona Valley citizens and community. As you may know, thanks to strong community participation we have been quite successful in enormous proposed water rate hikes, electrical lines being run through our area and keeping large developers at bay.

Serving as a Councilperson is an opportunity to make a much needed contribution to a unique community that gives us so much.

Please consider running for one of our two open positions. For further information look for the add regarding candidates in the Yoddler.

Suzy Love, President Leona Valley Town Council

Haunted House Calls You!

October 31, 2010- A howling good time is to be had at the Hemming Halloween Haunted house again this year. The address is 14950 Little Boy Drive, Lake Elizabeth. Festivities are from 5 to 9 pm.

The Way I See It! *Radicals In Charge!*

An Opinion By Norm Judd

Who could possibly hate America? Radicals from competing enemy nations, frustrated failures, vengeful misfits, religious zealots, -- or perhaps Socialists!

I'll play the "Devil's Advocate," contemptuous of our culture, government, and traditions. So how would I go about diminishing the world's greatest society -- from within?

The ACLU would be a big help!

Also it would help to be President, with radical majorities in both Houses. But could I ever hope to be elected, with friends like "Raving" Rev. (Damn America) Wright, "Bomber Bill" Ayers, and known Marxists? Naw! Unless naïve voters ignored my past!

As President, I could close Gitmo and send terrorists back to Al Quida, or if they chose not to fight America again, some tropical paradise, or let them stay in the USA. No harsh military tribunals for the others. In American courts they would be martyred with full constitutional rights! Wow! The battlefield secrets that would be exposed!

Convictions? Not likely! Because they wouldn't be Mirandized, and wouldn't "a jury of their peers" require twelve other radicals? Trials near Ground Zero (and that new mosque) would earn me a big Muslim hug!

Amnesty next, for border-crashers sucking up school, prison, hospital and welfare money, birthing their kids, and filling jobs (for half what American's earn). That would mean 13 million more Democrats, eligible for Obamacare. That's killing two Bald Eagles with one stone!

Spinning that as "Comprehensive Immigration Reform" would be catchy! Should Arizona, Florida, or Utah dare try to shield themselves from the flow of illegals, drug mules and potential murderers, I would sue them -- and then rat them out to the United Nations! Also I would stop those cruel deportations.

To crush the American economy, I would boast of "recovery" while taxing the brittches off job-creating busi-

nesses. Then they would stop producing, lay off workers, and maybe move to China!

But the economy has always recovered, so I would explode the deficit by spending feverishly on "Stimulus," "Bailouts," billions to my Union Goons, and extending unemployment and welfare benefits.

Death to the Bush tax cuts! - while I increase corporate and energy taxes, stopped coal mining, oil drilling in the Gulf, and tried to pass Cap & Trade.

My "incredible charm and magic rhetoric" would distract perceptive Americans while I blamed Bush and hammered the Evil Rich. Meanwhile my left wing House and Senate would ignore public opinion and whittle away at Free Enterprise and Freedom. Oops! The real costs of Obamacare might be a problem.

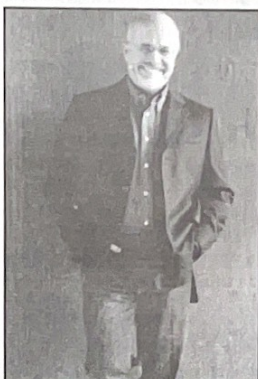
Being inept and overly sympathetic toward Muslims wouldn't concern me, 'cause most of the media would ignore that, along with my real focus -- re-distributing wealth and establishing complete government dependency! "Joe The Plumber" could be another problem.

Americans are tolerant but not stupid and they do finally catch on. So I would smear those I fear or risk being re-elected. But four years might suffice if Reid and Pelosi kept frantically passing spending bills they hadn't read!

Enough! Yodeler readers, whether you are Left, Right, or Independent, look at reality. This radical, Socialistic administration is focused on reducing America's unique greatness! So before the midterms, watch Fox (for truth), and CBS and NBC, (for liberal spin) and listen to Talk Radio (for wisdom). And we better "hope" that real "change" will come in November and again in 2012! Have I made clear, "The Way I See It?"

If you would like to discuss this column, please contact Norm Judd directly at 478-2842.

Dave Says



Dear Dave,

What's the best way to respond to a sibling who continually makes poor choices with money and often asks to borrow money? I don't want to be heartless, but they're out of control asking for money any time they want. I'm currently on Baby Step 2 of your plan, and I'm six months away from being debt-free. Do you have any suggestions?

Jen

Dear Jen,

I think you should just tell them the truth. You're trying to get out of debt, so you don't have extra money sitting around. Let this sibling know that you're working hard to change the way you handle your money. Let them know, too, that part of that is you've

decided debt is dumb, so you don't borrow or loan money any more.

Make sure you do this with a kind spirit, Jen. You could even let them know you might consider giving them some money as a gift if you had any extra lying around and you knew they were in control financially. But you're not really helping someone who's incompetent with money when you give them cash or even loan them money.

You've got to look at the big picture in situations like this. You're not helping someone if you participate in their misbehavior with them. Sometimes you have to love somebody enough to tell them the truth, and that can mean saying no and telling them to straighten up!

—Dave

Dear Dave,

My wife and I are getting close to retirement, and our 36-year-old son recently moved back in with us. His automotive restoration business went bankrupt, he hasn't been able to find another job, and he has nowhere else to go. What can we do to help him?

John

Dear John,

You have to define what helping your son really means. In my mind, you haven't helped him at all if he's still squatting in your

basement five years from now. That's called being an enabler. But it's not going to help him, either, if you toss him on the street and say "You're 36. Be a man!"

I think you should formulate a progressive plan somewhere between those two extremes—something that includes a move-out deadline, but will help him regain some dignity.

As part of living with you, I'd require him to do three or four things. One is that he abides by your household rules. If he's going to live in your home, he should act the way you want him to act.

Number two, he needs to be engaged in some kind of regular physical activity. Even if you have to pay for it, get a membership at a gym or buy some exercise equipment. Exercise stimulates the mind, and he needs that right now. It'll also be great for his body. Getting beat up like he's been can be tough at that age. It can lead to depression if he doesn't engage in physical activity and goal setting.

Next, think about career steps. He could start with a part-time job to get some money in his pockets. Then, work on a long-term career goal. He knows how to turn a wrench, and he probably likes that kind of work. His mind works spatially, which means he can look at things and figure out how they operate. So it might be a good idea to move in that direction. It doesn't even have to be cars. He could learn to work on boats or aircraft.

You don't want to beat the kid

See Dave Says, page 20.

THE LAKES TOWN COUNCIL NEEDS YOU!

Seeking candidates for the November election.

For an application and more information:

Visit www.lakestowncouncil.com

Contact Lynnell at 724-1137 or lynnellpf@aol.com or

Sharon at bslehner@msn.com

Application deadline is October 15.

The Art Page

Todd Cooper
Art Editor

state of the ART in our community

Opposites Attract – Realism to Abstract



Ralph Maxwell

Featured throughout the month of October at the Lakes & Valleys Gallery is an intriguing juxtaposition of realist and abstract paintings by local artists and LVAG members Ralph Maxwell and Janine Cooper-Ayres.

The public is invited to meet these two very different, yet complementary artists at an opening reception on Saturday October 2nd, from 3

to 6pm.

The show runs through Sunday October 31 which of course is Halloween AND the date of the October LVAG meeting, so I think it would be a great idea to come to the gallery in costume. I'm just sayin'.

Lakes & Valleys Gallery is open from 10am to 4pm Saturdays and Sundays. The address is in the ad below.



Janine Cooper-Ayres

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43751 LAKE HUGHES RD.
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featuring works by local artists

Opposites Attract
the Art of

Ralph Maxwell and Janine Cooper-Ayres

October 1 thru 31

661-724-1312

Open Saturday & Sunday
10am – 4pm



Reception
Saturday
Oct 2
3-6pm



Janine Cooper-Ayres

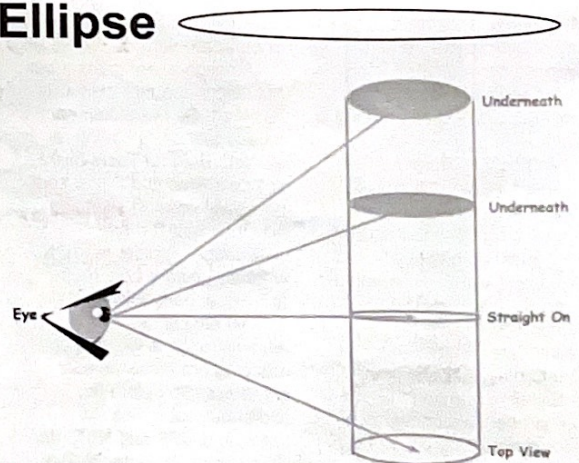


Ralph Maxwell

The Elusive Ellipse

By far, the most common problem artists encounter in drawing is with unconvincing ellipses. The most common mistakes are to make them football-shaped, frankfurter-shaped or flat on one side, like a loaf of bread.

An ellipse is no more than the visual description of a circle viewed from different angles. Hold a dinner plate straight up and it's circular. But lay it down, it becomes elliptical until, viewed from the edge, it becomes a straight line. This is why the lip of a tall water glass is a very different ellipse than the base viewed from exactly the same angle. Even more to the point, liquid level is also different... partway between the ellipses of the base and of the lip.



By defining your ellipses perfectly, you can make a drawing of a wine glass and define exactly where in the visual plane it is ... whether the viewer is above or below.

The effect is so powerful that it defines the space surrounding it, making it (in your mind's eye) go back in space in a specific dimension, even though that is implied.

LVAG NOTES

LVAG logo merchandise is available at www.zazzle.com/TheCoyoteStudios/LVAG. The next LVAG general meeting will be Sunday October 31, 2010, 2pm, at the Lakes & Valleys Gallery, 43751 Lake Hughes Rd, Lake Hughes.

Bill Elliott: Leona Valley Very Important Person



LVIA's Leona Valley Important Person for August is Bill Elliott, shown above with (from left) LVIA President Sarah Clayton, Bill's wife Pam and his father Gordon, who is visiting from Michigan.

Article and photo reprinted with permission from Leona Valley's *Cherry Chapters*

Bill is an important person in our community for several reasons, one being that he started the website for the town council three years ago. This website is crucial in getting out as much information as possible about things that affect our community, quickly and to as many residents as possible. Recently he added pages that include LVIA and Sertoma on the site with links to those groups and their events. The web-

site address is, leonavalley-towncouncil.org.

Bill was born Jan. 15, 1955 in Detroit, graduated from West Bloomfield High School in 1974, served in the U.S Army from 1975 to 1978, then attended RETS (Radio Electronics and Television School) from 1978 to 1981. He moved to California in 1981, when he was hired by Lockheed. He worked there on the F-117A from 1981 until about two years ago.

Bill and his wife, Pam, met in 1984 and married in 1988. They moved to Leona Valley in October 1998.

Bill started attending the Leona Valley Town Council meetings about four months after moving here. Betty Bailey, a very active member of the town council, talked him into running for the council and he has served the council ever since.

Bill has been instrumental in helping and leading committees, including those that updated the town council bylaws and the long awaited community standards. He is

See LV Important Person, p. 19

Flo Bistline: Green Valley Citizen of the Month



By Glenn McConnell

If you are looking for someone who will give 100%, ensure the event is organized properly and the work is top notch, then Florence Bistline is the person you want. She is a tireless worker and has given countless hours of service to her community. Florence (better known by her friends as "Flo") has made Green Valley her home for the past 14 years.

Flo is a local gal. Her family relocated to the Antelope Valley when she was 1½ years old. She grew up in Antelope Acres and graduated from Quartz Hill High School.

At an early age, Flo's talents were seen by Hollywood producers. Between the ages of 12 and 15 years old, Flo acted in three major Hollywood productions. The first was *Bad News Bears*, followed by *Rosemary's Baby*, and then *The*

See Green Valley Citizen, page 19

CASINO NIGHT

Sat., October 30 7 - 11 pm
The Ranch (at the Golf Course)

Dinner: 7 to 9 pm

Chicken Marsalla

or Vegetarian Lasagna

(If you want the vegetarian dinner, please request it when you buy your tickets.)

Black Jack,

Craps, and

Texas Holdem

Great Prizes

Silent Auction!

No Host Bar

Be a sponsor and have your business card in our booklet.

Call Jeanette at 724-0863.

Costumes

Optional

(no masks)

Tickets: \$25 in advance or \$30 at the door
(includes dinner and \$5,000 of play money)

Tickets: Call Jeanette at 724-0863 or Dahlia at 724-1293.

Must be 21 to attend.

Sponsored by The Lakes Woman's Club

All profits will be donated to charity!

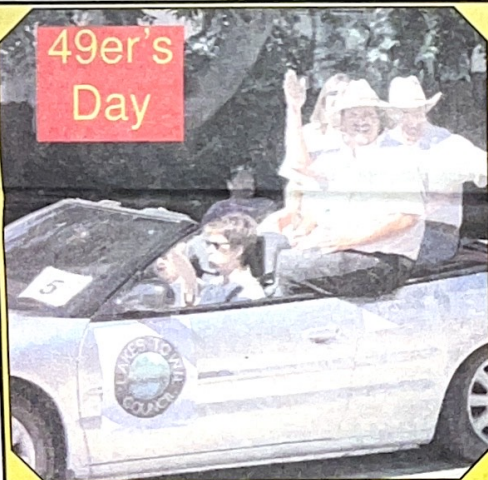


PAINTED TURTLE BIKE RIDE

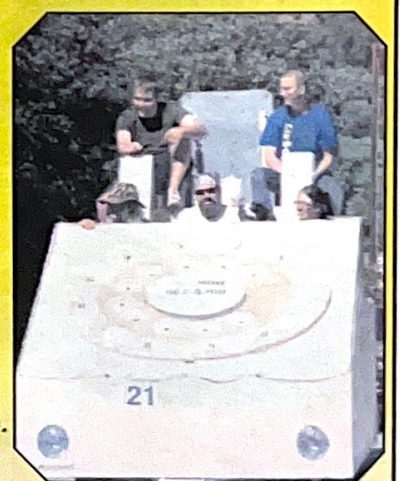
Photos by Sherry Immel and Dahlia Grossman



49er's
Day



Photos by Lu Bole



Firefighters Appreciation Day 9/11/10



Station 157, Green Valley, Kevin Francis (left) and Bob Porter. Grossman photo



Norm Hickling presented a commendation to the Fire Safe Council. L-R: Norm Hickling, Al Glodin, Doris Karabinus, Betty Young, Michelle Hamilton, and Laura "cha" Vernetti. Photo: Esko Woudenberg.



Micky Palmer (center) and her beloved firefighters of Station 78, Lake Hughes. Vernetti photo.



Our kitchen helpers: L-R: Merrie Profitt, Brittany Hamilton and Linda Joynt. Grossman



Forest Service
Station 335, Green Valley
Vernetti photo.



Lakes and Leona
Valley royalty



Steve Ordway plays fireman. Grossman photo



Station 140, Leona Valley
Grossman photo.



L.A. County Fire Stations 140, 157, 78, and 84, 335, and USDA Forest Service Stations 332. Vernetti photo.



July highpoint winners



Jason Williams

Riders Compete in the Heat

By Mike Pohlig, contributing writer

Twenty-nine riders braved temperatures of more than 100 degrees to compete in the July Gymkhana in Leona Valley. The number of events was reduced from 6 to 4 so that the riders and their horses could complete the competition before the highest midday heat arrived.

Highpoint award winners were: AAA: Olivia Eaves; AA: Brenda Sexton; A2: Teresa Westfall; A1: Amber Spaulding; Novice 18 and older: Brittney Carlson; N2: Kellie Mullin; N1: Olivia McCollum.

None of the gymkhanas would have happened this year if it were not for our generous sponsors, and many volunteers who give so much of their time. For the past eight years, Doug Mosman has sponsored these events by providing highpoint awards to the top finisher in each of seven classes. When Doug recently turned over his Leona Valley feed store to Hemme Hay & Feed, Hemme agreed to continue supporting these events as our highpoint sponsor. Beginning this year, we were very pleased to welcome another sponsor: Rancher's Market. The gymkhana organizers, volunteers, riders and their families extend their thanks to these local businesses for their generous support, even in these difficult economic times.

Along with our sponsors, there are many volunteers who give their time not only on the day of the gymkhanas, but many more days preparing for each event. A sincere thanks to all of them:

Tara, John and Alyna Eaves: Gymkhana presidents, setup, watering, arena judge, Pledge of Allegiance, and opening prayer

Bill, Tamar and Chelsea Wells: board members, gatekeeper and food booth

Kara and Marcus McCollum: board members, food booth and face painting

Dan, Tracy and Heather Ross: board members, registration, scorekeeping, arena judge

Pete and Gayle Kaye: announcing, arena judge, score keeper

Jason Williams: tractoring

Joe Duarte, Lucky's Water Truck Service: arena preparation

Mark and Carlene Hadden: arena judge and scorekeeping

Teresa and Orion Westfall: registration, website

(lvgykhana.org)

Chris Londergan: arena watering and weeding

Jeff Swartz: arena judge

Eric Wedell: arena judge

Bryan Kreimendahl: bleachers repair

Nancy, Mike and Katie Pohlig: registration, announcing, finances



Chelsea, Tamar, Jamie, Kara and Chuck



Chris Londergan



John Eaves presents award to Doug Mosman



Mark Hadden

BUSINESS DIRECTORY

To Place an ad, call
724-1293 or 965-2201

Advertising Rates

Business card: \$35/mon.; \$210 / 7 months
Two business cards: \$45/mon.; \$270 / 7 mon.

List your business card in 2 different categories: \$45/mon.; \$270 / 7 months
Double size business card: \$55/mon.; \$330 / 7 months

List your double sized business card in 2 different categories: \$75/mon.; \$450 / 7 months

Full page ad: Black & white: \$350; color: \$450

Half page ad: Black & white: \$225; color: \$275

1/4 page ad (6" x 6"): Black/white \$145; color: \$170.

Flyers: \$200. You supply 2300 flyers.
Classified ads: \$10 for the first 20 words; 50 cents per word for additional words.

Ads are due with payment on the 15th of the month preceding publication.

FOR MORE INFO, CALL DAHLIA at 724-1293 or 965-2201 or email dahlia.grossman@verizon.net

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Dave Millard
owner

Automotive



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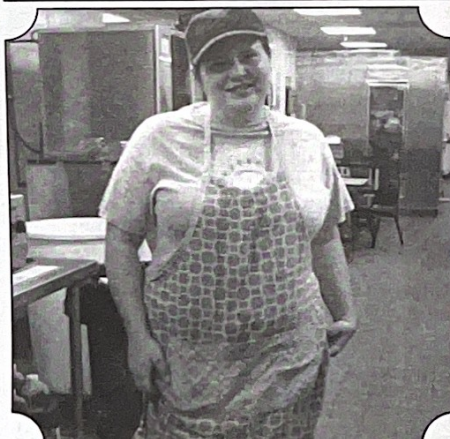
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Congratulations to Shayla Webb of Lake Hughes, who plans to wed Rhett Blackwell of Palmdale. Shayla is a chef at Painted Turtle. She is the daughter of Teri and Dave Moss and the granddaughter of the late Pete and Jackie Sparacio, founders of Jackie's Country Kitchen.

Classified Ads

Immediate Opening: Hughes-Elizabeth Lakes Union School District. Part time Special Education Teacher. Appropriate credential needed. Call for more information: 724-1231.

FOR RENT: Green Valley 3+2 \$1050/month. 2-car garage. Gardener. Agent: So. Calif Real Estate Management. 661-255-7600

FOR RENT: Green Valley 4+2.5. loft, office + bonus \$2400/month. 3296 square feet. RV pad, gardener. Agent: So. Calif Real Estate Management. 661-255-7600

FOR RENT: In Lake Elizabeth 3+2.5, remodeled, fully enclosed yard, dogs negotiable, 1200/month + deposit, call for appt 661-575-7542

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FOR SALE: Lionel trains. Ten trains, tracks, transformers and accessories to choose from. Trains are \$30 each.

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HAM OPERATORS NEEDED In all communities, especially Green Valley. Please call Doris 609-3888 or the FSC 270-9911.

Call Fire Fighters needed for Green Valley and Leona Valley. Call John Grimm at 270-1628.

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LIBERTARIAN PARTY TO MEET
October 15, 7 pm for dinner, 8 pm meeting, at Green House Cafe in the AV Mall. 1233 W. Avenue P, Palmdale. For more information, go to <http://sites.google.com/site/avlibertarian>

WEATHER OR NOT?

Weather data for Elizabeth Lake area (Elevation 3450 ft.)

By Tom Kaucher
August 2010

Temperature

High- 104° on 8-24
Low- 45° on 8-31
Average High-88.9°
Average Low-58.52°
Average Temperature-73.5°
Lowest High- 70° on 8-29
Highest Low- 71° on 8-18

Precipitation

0.00" (0.14" below average, 0.01" below last year)
Seasonal Precipitation (7-1-10 to 8-31-10) - 0.00"
(0.22" below average, 0.01 below last year)

Outlook for October 2010

Expect much cooler temperatures except occasional Santana winds. There is still a slight chance for thunderstorms from remnants of tropical storms. Pacific storms could start in the latter part of the month. Daytime highs can range from the high 50s to low 80s. The overnight lows will range from the low 30s to low 50s.

October Averages and Records

Temperature

High- 97° in 1980
Low- 24° in 1991
Average High-74.0°
Average Low-44.5°
Average Temperature-59.2°

Precipitation

Average Precipitation- .98"
2009 Precipitation- 2.54"
Greatest Precipitation- 7.62" in 2004
Snowfall- 0.00

Averages and records only depict data since 1976.

Did you know?

The lowest world temperature in an inhabited area was -90.8°F at Oymyakon, Siberia on February 6, 1933 and also at Verkhoyansk, Siberia on January 3, 1885.

The High Desert Organic Gardener

By Robert Kerekes
Contributing writer

Fast food on the friendly organic farm, for me, is raw egg swallowed right out of the shell. I have yet to become ill from eating my home grown chicken eggs and I certainly do not have a seriously sterilized chicken coop. In fact there are droppings all over the place.

Early in the season Robin and I put up twenty bucks for a row of corn grown at Joe Spamback's mostly organic farm out on the far west of route 138. Robin brought back the first pickings. The ears were small and most had a worm (caterpillar). Upon seeing the worms I was immediately transported back to my childhood.

My New York City grandmother would bring corn home from the great A&P market chain. After shucking the corn we would remove the worm infected area, cook and eat the corn on the cob. Grandmother's dentures did not do corn on the cob so she cut the cooked kernels from the cob first.

I figured worms were a part of eating corn back then. Having generations of people growing up eating pest-cided foods that never show any sign of any insect activity has created a population that thinks insect free food is the norm; it is not. It has also helped to create an aversion to insects beyond any real threat. Most people live in a relatively insect free environment. The garden is an insect-laden environment, as it must be for health and vitality.

Back to Joe's row of corn. It was a sweet, white, small kernalled corn and we were eating it over a number of days. Well, it is good to know that such quality corn, small as it may be, can be grown here. Yesterday Robin and I headed out to Joe's, at a later date than we should have, to get whatever was left. In our row most of the stalks were short. The rows had had successive plantings so there were still some fresh ears and some dry ears.

There were also rows of higher stalks but I did not take the time to check out the ears. No doubt they should be larger also.

Joe complained about the lack of showers and time had run out. I'm sure he was ready to give up the care as soon as possible. So we ended up with some extra. I think that traveling to Joe's is a problem for most people, including us and we live on the west side.

Connecting buyers to growers is a problem for which I have no solutions.

Does anyone have any ideas on this subject?

Sow bugs are not often a problem, or usually a small one not worth bothering with. They tend to live on decaying matter but also like fruits and tomatoes that are on the ground and damp. During the day they tend to hide underneath whatever is available.

Two areas they gave me much trouble were my tomatoes and cantaloupes. Both the tomatoes and cantaloupes had permeable plastic topped with wood chips under them. I thought this would help to keep things dry enough even though I water with a very low-to-the-ground series of small sprinklers. My tendency was to water both early in the day to help with drying the surfaces.

In addition I let the tomato plants, all determinate, bushy varieties, spread over the ground. The reason to cage and support tomato plants is to get them off the ground so they don't have tomato rot.

On the other hand when the plants spread over the ground they keep some moisture in and also keep it cooler.

This worked well and I had good production of tomatoes when the weather was very hot and most flowers will not fertilize. The closer to the ground the more tomatoes there were.

Nothing went to waste as any damaged tomatoes went to the chickens and they are always happy to get tomatoes. But I did pick a lot of tomatoes on the early side to save them from the bugs.

Perhaps running soaker hoses under the plastic might eliminate, or greatly reduce, this problem. Sticky glue traps and boric acid powder will help to reduce their numbers.

The Garden Co-op meets monthly on the second Saturday at 2 pm at my place. Meetings will last from one to one and a half hours followed by working in the garden. October's meeting, which is on the 16th, will be for the Octoberfest only. There will be no meetings in Nov. and Dec., and meetings will start in January of 2011. Call or e-mail me for directions.

For the October meeting we will be having a Harvest Festival. All participants must bring a dish made from their own harvest, or purchased organically grown food, and that can include meat.

Buy local, not global.

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Congratulations to Dennis Miller of Elizabeth Lake (left), who won the grand prize at the History Mystery Poker Run at Lakes Community Center. Awarding the prize is Tom Joynt, community center vice president.

Leona Valley Important Person, from page

also active on the development committee and asks searching questions of people proposing developments for the valley, such as Valley Vineyard.

Bill is the kind of person who can easily play "Devil's Advocate" at the council meetings. When issues are being addressed, Bill and several other residents think of questions that might not occur to everyone and sometimes they are very important.

Green Valley Citizen of the Month, from page 11

Longest Runner, directed by Michael Landon. Flo says that actor/director Michael Landon has always been someone she looked up to.

While attending night school, Flo met the love of her life. Joe and Flo have been married for 25 years. They have raised four beautiful daughters, Sharree, Hilary, Heather and Alison. Flo says that her wedding and birth of her children are the most memorable experiences in her life.

Flo didn't waste any time in getting involved in community service when she moved to Green Valley. Flo spent many years on the Green Valley Town Council and held the office of vice president. She is also one of the founders of the Fire Safe Council and a past president. In September, Flo could be seen helping organizing the Firemen Appreciation barbecue that was held at the Leona Valley Community Center. The event was a big success.

Flo is also a certified member of our local Community Emergency Response Team (CERT).

She has received five Los Angeles County commendations for her community service from 5th District Supervisor Michael Antonovich.

Flo and Joe love living in Green Valley. You can tell that Flo really enjoys gardening by the beautiful plants that adorn her yard. She also enjoys doing arts and crafts.

Flo has a passion for Mexican food, trips up the coast to the town of Cambria, country music (especially if Reba is singing) and cooking. She loves hanging out with her 28-pound cat, Oliver, and watching her favorite movie, *Walk in the Clouds*.

Flo has worked for the Antelope Valley Hospital in the pharmacy department for the past 28 years. She and Joe look forward to retirement in the next several years.

Flo has traced her ancestry to the outlaw Jesse James, Queen Elizabeth of England and country western singer Patsy Cline.

Flo credits her parents (Rod and Vanessa Koehler) for the woman she is today.

Flo, as a wife, mother, employee and community servant you have hit a home run. It's folks like you who make our community a great place to live. I salute you. You are one of Green Valley's finest!

TO YOUR HEALTH!

The Development of Breast Cancer – A Childhood Event

By Joel Fuhrman, M.D.

Carcinogenesis, the process that leads to cancer, is believed to occur in a series of steps. It is a multistage process that begins with pre-cancerous cellular damage that gradually proceeds to more malignant changes.

The first step is the development of cellular abnormalities, which eventually leads to cancer. This usually occurs during adolescence or soon after puberty. Remember that unhealthy childhood nutritional practices cause excessive sex hormone production and early pathologic changes in the breast tissue that set the stage for cancer many years later.

Studies have shown that the arrival of puberty at an earlier age is a significant marker of increased risk. Furthermore, there is overwhelming evidence that ovarian hormones play a crucial role, in all stages, in the development of breast cancer.

It is common knowledge among physicians that the earlier a woman matures, as measured by the age of her first menstrual period, the higher her risk for breast cancer. Both early menarche and greater body weight are markers of increased risk of breast cancer.

The onset of menstruation has been occurring at a younger and younger age in Western societies during this century. For example, the average age in the United States is now about twelve years; however, according to the World Health Organization, the average age at which puberty began in 1840 was seventeen.

During the same time period, there has been an increased consumption of fat, refined carbohydrates, cheese and meat, and there has been a huge decrease in the consumption of starchy plants, beans, fruit and nuts.

A greater consumption of animal foods leads to a higher level of hormones related to early reproductive function and growth. These hormonal abnormalities persist into adulthood. Uterine fibroids (or tumors) also develop from a diet deficient in fruits and vegetables and heavy in cheese and meat.

As the consumption of meat

increases and vegetation decreases, one's risk of fibroids increases proportionately.

Not only women are affected. The same increased risk, as a result of early maturation, is seen with both prostate cancer and testicular cancer. If we grow and mature more rapidly, we increase our cancer risk and age faster. We see the same pattern in lab animals; if we feed them so they grow faster, they age rapidly, develop cancer and die younger.

The stage is set by our poor dietary habits early in life. Breast and prostate cancer are strongly affected by our dietary practices when we are young. **Fewer Animal Products, More Fruits and Vegetables**

We have been indoctrinated since early childhood to believe that animal protein is a nutrient to be held in high esteem. We have been brought up with the idea that these foods are good for us if they help us grow bigger and faster. Nothing could be farther from the truth!

The public and the media are confused about this issue. They continue to associate the term better nutrition with earlier maturity and larger stature resulting from our greater consumption of animal protein and animal fats.

These unfavorable trends are repeatedly reported as positive events. Writers and nutritionists have mistakenly equated rapid growth with health. Science has demonstrated that an increased rate of growth is not a good thing.

The slower a child grows, the slower he or she ages. Slower growth, taking longer to reach maturity, is predictive of a longer life in animal studies. We are finding the same thing in humans: an unnaturally rapid growth and premature puberty are risk factors for cancers and other diseases later in life.

Evidence continues to mount that the same factors leading to early maturity and excessive growth in childhood increase the occurrence of cancer in general, not just breast and prostate cancer. Excluding malnutrition or serious disease, the slower we grow and mature, the longer we live.

Humans, like other primates, are designed to consume a diet predominating in natural plant foods with their symphony of essential phytochemicals. Fresh fruits, vegetables, beans, raw nuts and seeds should form the foundation of normal nutrition. Food preferences and tastes are formed early in life and children learn to eat the diets eaten by their parents.

Conclusion

When you have a child, you have the unique opportunity to mold a developing person. One of your greatest gifts to them can be a disease resistant body created from excellent food choices beginning in youth.

Ear infections, strep throats, allergies, attention deficit hyperactivity disorders (ADD or ADHD), and even autoimmune diseases can be prevented by sound nutritional practices early in life.

Common childhood illnesses are not only avoidable, but they're effectively managed by incorporating nutritional excellence into one's diet. This is far superior to the dependence on drugs to which we are accustomed. No parent would disagree that our children deserve only the best.

If you are a parent, you may want to follow this course of action:

- * Read my book, *Disease-Proof Your Child*, as a source of sound nutritional information.

- * Submit your questions in the "Ask The Doctor" forum on the website.

- * Interact with other members in our online support system.

- * Try our new line of children's supplements

These steps are designed to assist parents in the challenges of raising a healthy child in our world of insane eating habits and toxic food choices.

For more information or to contact Dr. Fuhrman, go to DrFuhrman.com

Dave Says. from page 9

when he's down, but you don't want to participate in his sewage, either. Help him clean up his life, and get him out of there as fast as possible. It's what's best for everyone!

— Dave

Dear Dave,

We live in Boston, and we've got three kids who are almost ready for college. My wife and I make about \$114,000 a year combined, and that includes a \$34,000 a year pension I receive. Should we use the pension money to pay for their tuition, or should we let them take out student loans?

Geoff

Dear Geoff,

There's no way I'm going to send anyone into student loan debt, especially when the household income is in the six-figure range!

That assumes the kids choose a college you can afford, but with your income you guys could handle tuition at most state colleges. And that means all the kiddos are going to have to pick a reasonably priced school if they expect you to foot the bill.

We've got to use a little common sense here. No champagne taste on a beer pocketbook!

You guys are doing okay, but you can't afford to send these kids to \$30,000/year schools. All this will be hitting you at about the same time, so I want you to cash flow this thing, and pay as you go along.

College is great, but you need to invest your money into something that fits your budget!

— Dave

For more financial help, please visit daveramsey.com.

Dave has written several books on the subject of finances.

Dave Ramsey's radio show airs on KTWB am from 9 am to noon, Monday through Friday.

Letter to the Editor

To the editor:

Regarding the recent negative letter about the Lake Elizabeth Mutual Water Company, I must respond. First off, the 10% increase is in OVERAGE USE ONLY. So, if one does not waste water, one will not be charged extra. Period.

What does that mean to the average user? Well, not much, unless one is wasting water. Indeed, it appears to serve as an incentive to SAVE water. (That's the "overage use" part.)

There are many ways to save water. Using drought-resistant and native plants can save lots of water and money. The Theodore Payne Foundation and the California Native Plant Society are both excellent resources.

<http://www.theodorepayne.org/>
<http://cnps.org/>

A note regarding the incorrect writing of the word "xeriscaping": It is not "zeriscaping" nor "zeroscaping" or any of the other things that people come up with to spell it. It's from the Greek word, "xeros" meaning dry.

Another great way to save water is to lose your lawn. In addition, lawns in this environment provide habitat for termites and snails, which are not welcome.

I have a thriving organic vegetable garden and a few young fruit trees and my bill has never exceeded \$50.

Lastly, I want to commend the water company for excellent service over the years. On a recent Sunday, I called to leave a message about a drop in pressure and a representative not only answered the phone, but showed up to diagnose the problem within minutes.

Sincerely,
Louisa Stephen

soldiers news

By Jan Carlson, staff writer

Air Force Senior Airman Heidi Tuley recently participated in a peninsula-wide exercise called Key Resolve/Foal Eagle 2010.

The purpose of the exercise is to sharpen the fighting skills of U.S. and South Korean service members.

The first of two major exercises in Korea occurs around the same time every year, involving South Korean and U.S. air, land and naval forces.

"As part of the gun shop at Osan Air Base, it is our job to support the flightline," said Airman Tuley, who is an armament systems specialist with the 51st Munitions Squadron at Osan Air Base, South Korea.

"We perform gun inspections on the 20 mm and the 30 mm gun systems that belong to the F-16 Fighting Falcon and the A-10 Thunderbolt II aircraft."

Key Resolve/Foal Eagle is part of an annual series of major exercises, focusing on defending South Korea from a North Korea attack.

This year marks the 60th anniversary of the Korean War that broke out when North Korean Communist troops invaded South Korea on June 25, 1950, in an effort to overtake the entire Korean peninsula.

Since then U.S. and Korean forces have worked together through these exercises to build a working relationship and bring

stability to the area.

It is because of these exercises that both countries have also agreed to transfer wartime operational control to the Korean military on April 17, 2012.

Even though training for the possibility of war lies in the back of Tuley's mind and others, participating in this exercise, visiting or having the opportunity of being stationed and living here can bring unique experiences for service members and their families.

"Korea is a beautiful country," said Tuley. "They have many different temples for you to see. The people are still friendly, even with the language barrier."

(Reprinted with permission from *The Palmyra in Spectator*, Palmyra, Mo., Airman Tuley's hometown)

Airman Tuley has been on our mailing list for several months. Please think of her and all the others on our mailing list as the holidays approach. Let them know you support them all.

Thank you, everyone, for all your support with the annual yard sale to raise money for the soldier packages and the items donated to put in the packages!

I know the soldiers are very thankful, as they tell me they are.

At the right is the list of soldiers we send packages to.

PLEASE DONATE ITEMS FOR THE SOLDIER'S YARD SALE !!!!

WE NEED FURNITURE, APPLIANCES, CLOTHING, KNICK KNACKS, BOOKS, TOYS, OLD FARM EQUIPMENT, TOOLS, YARD ART, KITCHEN WARE, SPORTS EQUIPMENT AND ANYTHING ELSE YOU CAN THINK OF!!!

DROP OFF AT 43008 LESINA DRIVE, LAKE ELIZABETH. CALL 724-0141 FOR DIRECTIONS OR INFORMATION ABOUT THE SALE.

SALE IS OCTOBER 23-24, 2010 FROM 7 AM TO 4 PM OR AS LONG AS THERE ARE CUSTOMERS!

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Two happy customers at the Gren Valley Swap Meet.



Glenn McConnell does a jig after learning that the Lakes Woman's Club donated \$250 to help pay for a new roof on the Green Valley community center.



Bev and Dick Brownfield worked in the kitchen. Grossman photos.



Live Again Serves Community Center

By Rob Kennard, contributing writer

Ron White from U.S. Forestry Camp 35 was at our 49er's Day celebration and commented on how great the community center is looking since the restoration was started. He also mentioned we were in danger of losing the community center if we did not do some serious brush and tree clearance.

He was right. We were spending all that money to fix the place up, but neglected to protect our investment. I contacted Pastor Juan from the Live Again Recovery Camp in Green Valley about getting help to take care of the necessary brush clearance, and also Rick Sinclair of Sierra Tree to trim the larger trees.

Pastor Juan responded with a group of 12 volunteers from his camp and Rick showed up with his team. On Tuesday, August 24, Darren Kaye from the Forestry Service and Fire Station 78 gave us recommendations on how much clearance was needed for "defensible" space. What I thought was going to take four hours actually took 2 1/2 days.

We owe the Live Again camp and Sierra Tree a huge thank you for donating their time and services to the Lakes Community Center. Frank Toothaker and Tom Joynt also joined in the "festivities."



Pastor Juan of Live Again



Thumbs up to Mary Jo Steele who is going "green" by bringing her recycling to the bin via her horse Sinbad and buggy.



Green Valley Art Walk: Jay Ryatt (above) with his new sign; upper right: Lu Bole displays her photographs and handmade jewelry; bottom right: Steven Cull plays a harp that he built. Grossman photos.



Grief and Equine Assisted Psychotherapy

By Shawny Kaltenbach, staff writer

I'd been considering grief counseling regarding the death of my mother but I didn't want to talk to a total stranger no matter how nice a reputation they had. So I held back and two years rolled by.

I was depressed and downright debilitated when I found pictures of my mom, but I couldn't cry for some reason and I was starting to feel that somehow, there was a defect in me. Maybe I was stuffing my emotions because it was too painful to deal with but it also seemed as though life and events were conspiring to keep me busy.

I came across an ad on Craigslist several months back titled, "Equine Assisted Psychotherapy" and I wondered with a chuckle if it was therapy for the horse or the person? Being someone who loves the carnival of life and the interesting people within it, I clicked on the ad.

Through a series of emails back and forth, I learned a little about the process. The doctor who emailed me said: "Equine Assisted Psychotherapy is experiential psychotherapy, which means there is a greater potential to gain insight within a shorter period than talk therapy. In EAP a psychotherapist works with an equine specialist, which means there are two people working with you and the horse(s)."

"As you probably know, horses are very intuitive and able to pick up on a person's feelings. The equine specialist knows horse psychology and the psychotherapist knows people psychology. This team (we count the horses as team members) together helps guide the client to a place where lots of insight can happen."

This sounded intriguing to me and I wanted to try it but as it turned out, it was a three-hour drive for me each way so it took back seat to my already busy life.

There was a giggling thought at the back of my brain. How was it that horses could pick up on people's thoughts and feelings? A friend of mine told me she read somewhere that horses and humans share a lot of the same DNA. I decided to look it up and found a study from a reliable source.

A research consortium led by scientists at the Broad Institute of MIT and Harvard launched a project three years ago to decode the horse's genetic blueprint.

(<http://www.broadinstitute.org/news/1373>)

They talk about how the two species share much of the same DNA and so much so that horses and humans share 90 similar hereditary diseases. I hope that they don't start using horses as guinea pigs for science, but maybe through the process of studying the similarities, we can help both species medically.

There have been very few times in my life when experiences come along that seem outright serendipitous. Last weekend, I was handed an opportunity to experience Equine Assisted Psychotherapy. Through an acquaintance, a door opened for me and although I was nervous, I stepped through it. I'd never met the two women personally, and since they were going to be an

integral part of the session, I was a bit anxious. I met with Katie Ryan, LMFT and Vickie Taylor, LMFT on location at Vickie Taylor's property in Acton.

When we first got to the corral, I held on tightly to the pole that held up the shade structure. I couldn't actually let go, and said so aloud. As if they heard me, the horses all came over to me right away. I was also thinking they could probably smell a horse lover from a mile off.

Vickie and Katie first gave me five labels for the five stages of grief (anger, acceptance, bargaining, denial, and guilt) and I was to assign each label to a horse. Still scared to proceed, I began by letting out a huge breath and it was then that I started to feel the fear roll off of me.

I was first attracted to a determined white horse. I began to pat him as he tried like heck to get apples out of a cooler. He'd stop and nicker as if to say, "Don't I deserve this apple?" His determination reminded me of the guilt and bargaining game I held onto regarding my mom's death.

I slowly began recounting all the things I thought I should have and could have done to save my mom from her cancer. I told the lovely white Arabian all about it as he tried for the apples. I was clearly bargaining in my thoughts, as much as he was in his behavior. If only I had taken Mom to that one clinic, or the study with the experimental drugs. If we had just noticed the cancer sooner.

One label was placed.

Then the big brown eyes of a large Quarter horse met mine and with a nudge, I was talking to him. He really got in my face and nibbled tentatively at my hair and ears and seemed to want to push me forward but in a gentle way. I recognized him instantly. He was Acceptance.

I knew I needed acceptance, but I wasn't done with the others, so I went on, and with each horse had a separate experience that I can only describe as magical.

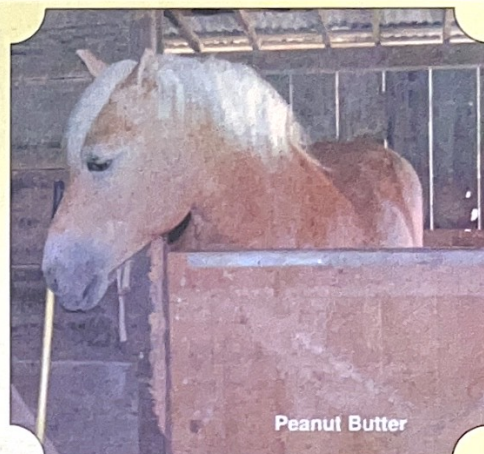
As I stroked the withers and muzzles of these fine animals, I began noticing that grief and feelings had been periodically pouring out of me as each horse mirrored back to me what I was feeling.

Katie and Vickie pointed things out at opportune moments, and when I got lost a couple times they helped me refocus. I built a fortress out of some objects in the pen and the horse labeled Anger took it apart. I recalled how angry I was at my mom for giving up. My heart had been burying itself behind some very thick walls instead of facing my fears, anger and feelings.

Near the end of the session, Acceptance came over and held me to him. He wrapped his entire neck around me and held me tight and close for around 10 minutes. I felt so loved and I realized I wasn't only crying; the floodgates had finally opened.

I later offered to buy Acceptance from Vickie, thinking I was being funny, and realized that I was only half joking. There was truly a bond that had been formed when that horse held me. I was finally grieving physically and although it had taken two years, five loving horses, and two amazing women, it was there and happening that day.

It wasn't over yet however, and we finished the



Peanut Butter

session by talking. I gained even more clarity and insight with the skills of Katie and Vickie, each a patient and gifted practitioner. I slept a lot that afternoon.

If someone had asked me to give only one important reason for doing this work, I'd have to say I feel so much more connected with my mom. It helped immeasurably to journey through the guilt and anger, leaving room for love, which is how I want to feel about my mom when I look at her pictures.

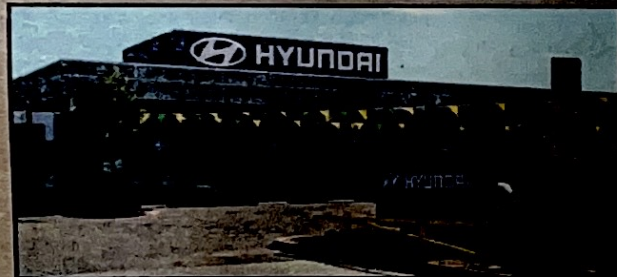
I found several books written on this subject (*The Horse Boy*, and RT Fitch's *Straight from the Horse's Heart*) recounting equally elucidating experiences. There is also the *Crystal Peaks Youth Ranch* that has day facilities for helping youth and horses recover from traumatic experiences. I'm just touching the surface though. For more information and for those interested in EAP certifications contact Eagala.org.

For more information on this rich form of therapy or for your own experience, contact either Katie Ryan, LMFT a Green Valley practitioner, or Vickie Taylor, LMFT. They are both [Eagala](http://Eagala.org) certified and have worked with clients in many diverse areas, not just grief. Katie has an office in Valencia, and the EAP takes place in Acton. Standard and experiential therapy are both offered and most insurance is accepted.

Katie Ryan, LMFT Office: (661) 373-6259
Vickie Taylor, LMFT Office: (661) 886-4474



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